

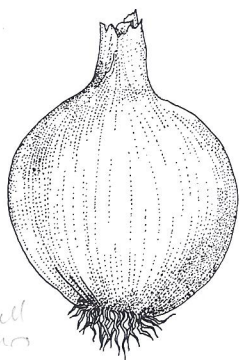


## Lentil and Vegetable Soup *Double Recipe*

This is a nourishing, speedy and meatless soup. Low in cost, it is a meal in itself served with wholewheat bread and cheese and perfect for Sunday suppers. It is important to use red lentils, which cook to a mush very quickly. They need not be soaked, simply rinsed in a sieve.

50 ml oil 3 Tbsp  
 1 large onion, chopped 2 Tbsp  
 1-2 cloves garlic, crushed 2 Tbsp  
 2 ml dried thyme 1 tsp  
 2 large carrots, coarsely grated 1 cup  
 250 ml red lentils 1 cup  
 1.5 litres stock or 1.5 litres water with 15 ml Marmite 6 cups  
 125 ml chopped parsley 1/2 cup  
 1 bay leaf  
 500 ml shredded cabbage 2 cups  
 15 ml tomato paste - use 1/2 small can  
 5 ml each salt and sugar 1 tsp  
 5 ml Worcester sauce 1 tsp

Heat the oil in a large saucepan and add onion, garlic, thyme and carrots. Stir-fry for a few minutes and then add remaining ingredients. Bring to the boil, then cover and simmer for 20 minutes, stirring once or twice. For best flavour, allow to cool and then reheat before serving. Remove bay leaf and adjust seasoning. Serve with 5 ml pesto (page 31) stirred into each serving, and Cheddar thins. Serves 6.



## Cheddar Thins

Crisp, savoury biscuits which go well with most soups.

500 ml coarsely grated Cheddar cheese  
 125 g butter  
 500 ml flour  
 2 ml salt  
 5 ml dry mustard  
 paprika or sesame seeds

Cream cheese and butter. Add flour sifted with salt and mustard. Knead well until smooth - do not add any liquid. Roll into two 4 cm diameter sausages and wrap in grease-proof paper. Chill for 2-3 hours. Slice into 4 mm thick rounds.

Arrange on lightly oiled baking sheet and sprinkle with paprika or sesame seeds. Bake at 180 °C for about 12 minutes. Allow to crisp for a few seconds before removing to a cake rack to cool. Makes 60.

## Traditional Pesto

375 ml fresh basil leaves  
 125 ml parsley sprigs  
 2 cloves garlic, chopped  
 50 ml chopped walnuts or pine nuts  
 100 ml grated Parmesan cheese  
 15 ml soft butter (optional)  
 ± 75 ml olive oil  
 salt and milled black pepper

Wash and dry basil and parsley. Using the grinding blade, process all the ingredients except the oil and seasoning. With the motor running, slowly add oil in a steady stream to make a thick green purée. Season, then spoon into jars, run a thin film of oil over the top and refrigerate.

